

CITY OF AIKEN

Parks, Recreation & Tourism

Guide to Coaching a Youth Volleyball Team

A Guide to Coaching a Youth Volleyball Team

Table of Contents

Introduction to Coaching Youth Girls Volleyball	I
Chapter 1	
Being a volleyball coach	
What's involved in coaching volleyball	3
Getting certified to coach volleyball	3
Finding an assistant coach	4
Game and practice schedules	4
Getting a team	4
Meeting the players and parents	4
Chapter 2	
Volleyball Court and Player Positions	
Volleyball Court Diagram	5
Player Positions	6
Assigning Player Positions	7
Chapter 3	
Practice	
Practice Equipment	9
Practice Schedule	9
Warm-Ups & Stretching Drills	10
Serving Drills	11
Passing Drills	12
Setting Drills	13
Chapter 4	
Games	
Game Equipment	18
Game Schedule	18
Warm-Ups	18
Game Play	18
Chapter 5	
First Aid Procedures	
Abrasions	19
Lacerations	19
Nosebleeds	20
Tooth Loss	20
Sprains	20
Broken Bones	21
Asthma	21
Bruises	21
CPR	21-22
Chapter 6	
Miscellaneous Items	
Youth Volleyball Athletic Coordinators	19
Make-Up Games	24
Rainout Line	24
End of Season Awards	24
Handling Complaints	24
Chapter 7	
Rules	25-27
Chapter 8	
Nutrition	28

A Guide to Coaching a Youth Volleyball Team

Introduction

Welcome to Coaching Youth Volleyball

First and foremost, thank you for deciding to coach a youth volleyball team. Volunteer coaches are a vital aspect to the City of Aiken Parks, Recreation & Tourism volleyball league. The season would be incomplete without the help from you and other volunteer coaches. It is the coaches that teach players the fundamentals of the game, the value of team work, and discipline to play the game.

We at Citizens Park understand that most youth volleyball coaches are parents volunteering to coach their child's team. We also understand that the rules, regulations, and fundamentals of the game may not be known to all parents that are asked to coach their child's team. Citizens Park is dedicated to making youth volleyball coaching an easy and painless process for you. Through intensive research, we here at Citizens Park have created a volleyball manual that will assist you in coaching your team. First time coaches will find this manual to be helpful in learning the rules and fundamentals of the game. Returning coaches will perhaps find new drills or ideas to incorporate in to their coaching technique. Within this manual you will find information on becoming a volleyball coach, diagrams of the volleyball court and player positions, ideas for practices and games, detailed descriptions of first aid procedures, and a section for miscellaneous items. The volleyball material covered in this manual pertains to the basics of the game. It is intended to give ideas on how to coach a youth volleyball team from the perspective of a first time coach.

Thank you again for taking time to coach a youth volleyball team. Good luck with the upcoming season!

Citizens Park Staff

Mission

The City of Aiken Parks, Recreation, and Tourism Department Youth Volleyball Program Is designed to provide the girls in the Aiken area with an opportunity to participate in an organized recreational volleyball league. By striving to emphasize sportsmanship, participation, and fun, our goal is that each participant will have gained a positive learning experience at season's end.

A Guide to Coaching a Youth Volleyball Team

Chapter 1




Being a Volleyball Coach

There is more to being a volleyball coach than just showing up for practices and games. Being a volleyball coach means becoming a role model and friend to all players on your team.

Coaching a youth fall volleyball team requires commitment, dedication, and an overall enjoyment of athletics. Almost all of the coaches for Citizens Park's Volleyball teams are parents that have volunteered or been asked to coach their child's team. Many coaches know the rules of the game and have coached for a season or two, and there are some coaches that are new to volleyball and need assistance in learning about the game. We gladly offer coaching clinics and assist in any way we can to help our coaches be the best they can be.

What is Involved in Coaching

REQUIRED FORMS




-  Coach's Information Sheet
-  Coach's Code of Ethics
-  Background Check

In order to become a coach for one of the youth fall volleyball teams, there are a few requirements that have to be met. Each potential coach must fill out a *Coach's Information Sheet*, a *Coach's Code of Ethics*, and have a *Background Check* performed on them. The background check is a procedure the City of Aiken Parks, Recreation & Tourism Department does to ensure the safety and well being of all players in relation to the individuals assigned to coach a given team. It is done free of charge to the potential coach and all results are confidential.

Getting Certified to Coach

Individuals interested in becoming a youth volleyball coach are required to be National Youth Sports Coaches Association (NYSCA) certified. The certification includes participation in two NYSCA interactive video training clinics, completion of a 15 question multiple choice initial level coach's exam, and completed Coaches Code of Ethics. The first video is an introduction to coaching youth sports and is 82 minutes long. It is after this video that the exam is taken. The second video is specified for coaching youth volleyball and gives tips and demonstrations of drills and concepts to be used during coaching. This second video is 68 minutes long. After the NYSCA certification a NYSCA membership card will be issued to you. The membership is renewed annually. A mailing will be sent to you asking if you wish to renew, simply fill out the form and turn it in to Citizens Park.

NYSCA REQUIREMENTS

-  Coach's Exam
-  Intro. Coaching Video
-  Volleyball Coaching Video

Finding an Assistant Coach

Most coaches opt to have an assistant coach to aide them during practices and games. Since many coaches are working parents, having an assistant coach is beneficial on days that work would prevent you from making it to practices or games on time.

A Guide to Coaching a Youth Volleyball Team

Getting a Team

The teams are made up of middle school aged girls (5th through 8th grade). The girls are divided up into teams as evenly as possible. The girls must be in a draft so that coaches can see them perform various task and skills and based on that coaches pick the girls for their teams. All girls that tryout will be put on a team regardless of skill level. The team will be made up of 9 players.

Game and Practice Schedules

A coaches meeting will be held to assign practice places, days, and times for each team per every age division. Practice days available are on Mondays and Thursdays. Locations for practices are assigned to the coaches by the Athletic Coordinator overseeing the given age group. Practice times are at the discretion of the coaches. It is the coaches' responsibility to inform all parents of the days and times that the team will be having practices.

Meeting the Players and Parents

It is the responsibility of the coach to contact all parents and inform them that they will be the coach of their child's soccer team. Once teams, practice schedules, games schedules, and equipment bags have been assigned, most coaches have a meeting with the parents and players prior to beginning the season. In the meeting they formally introduce themselves to the players and parents, let parents know about practice and games schedules, have a contact list made, distribute uniforms, and get to know everyone involved with the team. Discuss the goal of the soccer program, your goal as a coach, and the upcoming season with parents. Ask if any parents are interested in volunteering for something such as bench management, refreshment schedule, party planning, or making important phone calls. Also let parents know about any discipline guidelines that you set for the team.

Discuss with parents any ***medical conditions*** their child has that you should be aware of. Some conditions could be allergies, asthma, or even heart conditions. Have each parent let you know what the condition is, the symptoms of it, and how to treat it. Ask parents if you should keep medications on you at practices and games for the players. Being informed about the medical conditions of your soccer players and what you can do to if they occur can save their lives.

A Guide to Coaching a Youth Volleyball Team

Chapter 2

Volleyball Court and Player Positions

One of the most important aspects of coaching a volleyball team is being familiar with the layout of the volleyball court and the position of players on the field.

The game of volleyball is much like any other sport that children play: it has set rules and regulations, a specific playing field, and players are given a position to play the game. This chapter will give an overview of the volleyball court, player positions and their related responsibilities, and give ideas on how to assign players to positions.

Volleyball Diagram



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Volleyball Positions

During a game only 6 players can be on the court at one time. Since there are 9 players on a team 3 players will be on the bench at all times. A team may start a game with five players without being penalized. Teams may not finish with less than 5 players. If a team has 6 players, all 6 must play the entire game. Injured players may be substituted only once per match. All substitutes must report to the scorer's table before entering the game. If a player arrives after the game starts, but before the first substitution period... that player will be considered a substitute. The player will be required to play the second half of that game and the remainder of the game for which they arrived late.

Setter

The setter is the player on the volleyball team that sets the teams attackers. A setter position is similar to a quarterback in football or a point guard in basketball in the sense that the setter runs the team's offense. Some teams may choose to have multiple setters run the team offense.

Outside Hitter

Teams outside hitters are usually the primary attackers on the team. These hitters attack balls that are set to the left side of the court. Outside hitters may also be referred to as *outside blockers*.

Weakside Hitter

Team's weak side hitters hit from the right side of the court and are usually not the primary attackers on the team. Weakside hitters may also be referred to as *weakside blockers*.

Middle Hitter

Team's middle hitters hit balls set at the net in the middle of the court. Middle hitters are sometimes the primary attackers on the team. Middle hitters are commonly used as a decoy to freeze or confuse the opposing team's blockers.

A middle hitter is also referred to as a *middle blocker* or just *middle*. Middle blockers are often in charge of front row players to coordinate team blocking strategy.

Libero

The libero plays a special roll in team defense and passing. The libero is the player on the volleyball team that can come into the game and replace any player on the back row. The libero is sometimes called a defensive specialist or DS.

The libero may be put in the game to pass for a weaker passer or to help cover the court by making great defensive plays. The libero may also serve in one rotation.

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Court Positions - Volleyball Positions

Right Back

The player that is right back is in the rotation position in the backcourt on right side of the court. At the start of the rally, this is the player that starts in Zone 1. When a team rotates, it's the player rotating to the right back position that goes back to serve.

Right Front

The player that is right front is in the rotation position at the net on right side of the court. At the start of the rally, this is the player that starts in Zone 2.

Middle Front

The player that is middle front is in the rotation position at the net in the center. At the start of the rally, this is the player that starts in Zone 3.

Z 5	Z 4	Z 2	Z 1
Z 6	Z 3	Z 3	Z 6
Z 1	Z 2	Z 4	Z 5

LB	LF	RF	RB
MB	MF	MF	MB
RB	RF	LF	LB

Left Front

The player that is left front is in the rotation position at the net on left side of the court. At the start of the rally, this is the player that starts in Zone 4.

Left Back

The player that is left back is in the rotation position in the backcourt on the left side of the court. At the start of the rally, this is the player that starts in Zone 5.

Middle Back

The player that is middle back is in the rotation position in the backcourt in the middle. At the start of the rally, this is the player that starts in Zone 6.

A Guide to Coaching a Youth Volleyball Team

Assigning Player Positions

When it comes to recreational volleyball programs, there is not a defined way to assign players to a position. Most coaches observe each players skill level during practice to determine what position they should play at. Ask the players where they would like to be positioned at and practice them at that position to see if they are capable of playing it. Usually your best hitters are positioned as outside hitters and are your primary go to hitters when you need a kill or spike. Outside hitters are also outside blockers on defense. Players who are good at setting the ball are usually your setters on the team. Then there are weakside hitters that are usually not your go to target but are also there to make kills or spikes on offense. Your best blocker is usually called a middle blocker on defense and coordinates the defense for blocking strategies. On offense the middle blocker is now called the middle hitter.

A Guide to Coaching a Youth Volleyball Team

Chapter 3

Practices

As the old adage says “practice make perfect.” The best way to play like a team is to practice together as a team.

Each coach has a practice regime that suite them and their teams needs. Listed in this chapter are some practice drills to work on players setting, passing, serving, defensive, and offensive skills. Also in this chapter are warm-up drills that players should do prior to practicing or exercising and a list of equipment that may be useful for practices.

Practice Equipment

All practice equipment issued by Citizens Park is given to volleyball coaches at the coach’s meeting for each age division. Included in the practice equipment are three volleyball balls (appropriate size for the age group), and a first aid kit. Some coaches do utilize equipment such as whistles. We encourage coaches to use the equipment issued by Citizens Park and to also employ the use of additional equipment, if so desired.

The City of Aiken Parks, Recreation & Tourism Department requires that all players wear knee pads during practices and games. The hard surfaces of the shin guards must be covered with socks. Volleyball officials will perform checks prior to games to verify that all players are wearing appropriate uniforms and knee pads and have them on properly.

All players are encouraged not to wear jewelry, metal devices, or hazardous equipment while practicing or playing. Parents are usually good at remembering to remove their child’s jewelry, but sometimes they do forget. As a coach, it is your duty to ensure the well-being of each player when they are practicing and playing a game under your supervision. Please try to make sure that players are not wearing jewelry or any other hazardous equipment while practicing or playing games.

Practice Schedules

Practice days and locations are assigned to coaches at the coach’s meeting. It is the responsibility of the coaches to contact parents and players, informing them of practice days, times, and locations. The days and locations are set by the Athletic Coordinator in charge of each designated age division, but practice times are at the discretion of the coaches.

A Guide to Coaching a Youth Volleyball Team

If you are not able to hold practice, and your assistant coach is not available, please call all parents and players to inform them of the cancellation. Inform them as to why you will not be able to hold practice and let them know the next day that practice will be held. Many times parents are willing to take your place at practice. They will be glad to do warm-ups and drills with the players.

Warm-Ups

Sports related injuries have become more common in younger athletes in recent years. Many of the injuries that occur could have been prevented if proper warm-up drills and stretching were done prior to practices and games. It is important to do warm-ups and stretch players in order to prevent muscle pulls.

Warm-up drills are important because they “warm up” the muscles, making them easier to stretch easier and less likely to pull or tear. Listed below are some warm-up drills that may be useful for your team

Jogging

Have players jog (not run) a lap or two around the volleyball courts prior to practices and games. This will get their heart rate up and prepare muscles for exercise.

Jumping Jacks

Having players do these will increase their heart rate and stretch leg, back, and arm muscles.

Pass the Pepper!

Pepper is one of the most useful volleyball warm-up drills since it covers a variety of skills in a fast-paced manner. This variation of Pepper involves 4 players. To begin, divide the team into groups of 4. For this drill, player 1 is the hitter, player 2 is the setter, and players 3 and 4 are diggers, and they stand in a circle facing each other.

At the start of the drill, player 1 has the ball. They toss it up in the air, and hit it towards one of the two diggers. The digger pops the ball back up towards the setter, who sets it back to the hitter, who hits it towards one of the diggers. Play continues in this manner until the coach blows the whistle, signaling a change in positions.

If one of the players misses the ball and it falls to the ground, each member of the Pepper team must drop and do 10 push-ups or run to the nearest line and back 3 times. This will lead players to become more accurate with their hits, sets and digs, and prevents laziness when reaching for the more difficult shots.

Serves and Bumps

A good serve can make or break a volleyball game. Since serving is one of those key skills in volleyball, it's important to include a volleyball serving drill or two in the volleyball warm-up drills. This serving drills focuses on developing accuracy.

To begin, have the players stand in a line at the serving area. The player at the front of the line starts a bucket of balls. The purpose of the drill is to serve the ball into each of the 6 areas on the opposite side of the court. Area 1 is the back right of the court, area 2 is the front right, area 3 is the front center, area 4 is the front left, area 5 is the back left, and area 6 is the back central area of the court.

A Guide to Coaching a Youth Volleyball Team

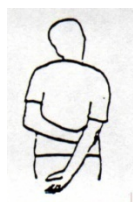
While serving, the player keeps track of how many serves it takes for them to complete the circuit and serve to all 6 areas on the court. If running this drill as a mini-competition, the player with the lowest score at the end of the drill is the winner.

Finally, here's a simple drills that focuses on bumping called the "Two-Line Bump". Divide the team into 2 groups, and have each group stand in a line facing the other group approximately 10 feet apart.

The player at the start of the line has the ball, and they bump it to the player facing them on the other line. That player bumps it to the next person on the line across from them, and so on. If the ball falls or is bumped to the wrong player, play starts over from the beginning of the line.

After the warm-ups are completed, lead the volleyball players in a group stretch. Try to incorporate stretches that work on the back, back thighs (hamstrings), inner thighs (groin), front thighs (quadriceps), and the calves. Stretches should be done slowly and held for 10-15 seconds. If players complain of pain during stretching advise them not to stretch to far. Over stretching is what leads to pain during stretches. On the next page are some stretches that can be useful for the health and well-being of your players.

Upper Body



Adduction



Horizontal Adduction



Chest



Chicken



Corner



Triceps



Internal Rotation



External Rotation



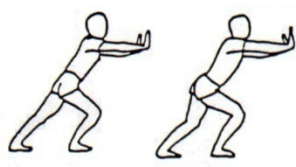
Wrist Extension



Wrist Flexion

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Lower Body



Calf/Achilles



Groin/Butterfly



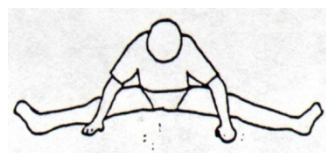
Standing Groin



Bent Knee Hamstring



Seated Hamstring



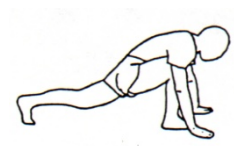
"V" Hamstring



Standing Hamstring



Standing Quad



Hip Flexor



Prone Hip Flexor



Piriformis/Hip Rotator



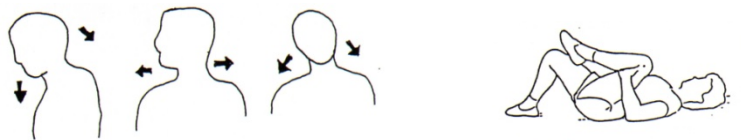
Standing IT Band



Prone IT Band

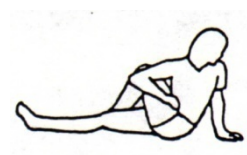
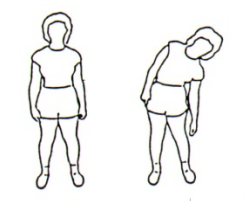
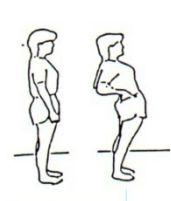
A Guide to Coaching a Youth Volleyball Team

Back



Cervical Stretch

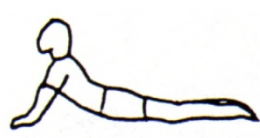
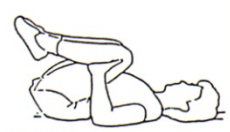
Gluteus Stretch



Back Extension

Back Lateral Flexion

Trunk Twister



Gluteus Stretch

Low Back Twist

Prone Extension

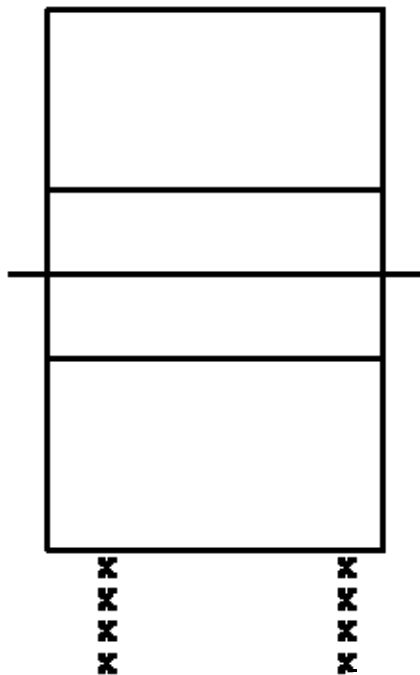
Serving Drills

Easy- Each player stands on the service line of the court and serves the ball over the net. The team should do this for about 10 mins.

Easy and Fun – Give each player 10 serves and see which player can get the most serves over the net and keep it in bounds and whichever one gets the most in wins.

A Guide to Coaching a Youth Volleyball Team

Medium- Divide your team into two even teams and have a serve relay to see which team can get 30 serves over the net and in bounds.



Objectives:

Practice serving with some pressure.

1. Make two even teams.
2. The first player from each team serves.
3. The player must go and retrieve their serve.
4. If they missed their serve they must serve again, until they make their serve.
5. Once the first player makes a serve and retrieves the ball they can give the ball to the second server.
6. Continue until everyone has served.

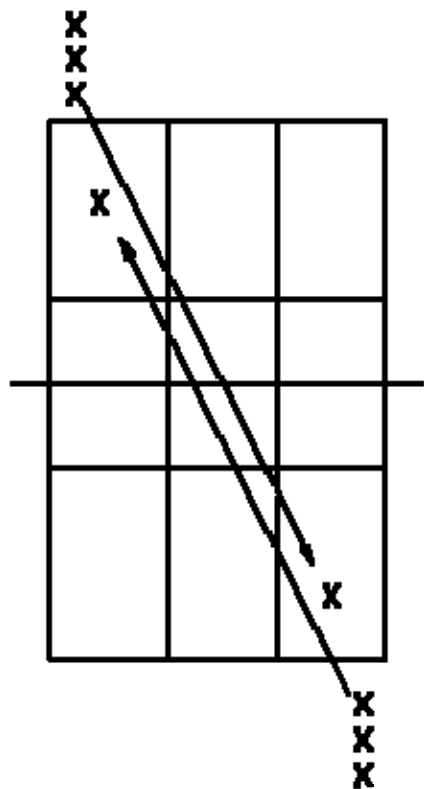
Diagram Key

X = Servers

Hard- Is called Around the World

Serving: Around the World

A Guide to Coaching a Youth Volleyball Team



Objectives:

Practice serving with some pressure.

1. Each team must serve a ball to each area of the court.
2. The team starts with a player in area one.
3. When the team serves to their player, who is sitting down, and they can catch the serve, the server moves and sits in the next area of the court.
4. The target goes back to the line and serves.
5. The teams continue until a team serves a ball to a player in each area.

Diagram Key

X = Servers

Passing Drills

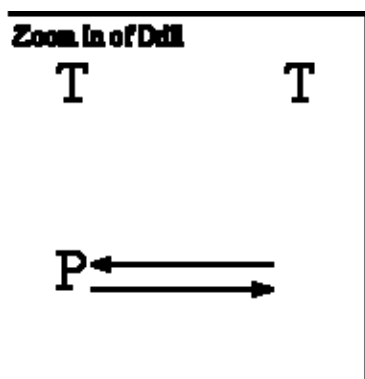
Easy- Start by lining your team up and throwing the ball over their heads and have them hit it back to you one by one. Then throw the ball low so the girls have to return it back to you by “bumping” it back to the thrower. Repeat this skill for about 10-15 minutes.

Easy and Fun- Have your team split in to two small groups and form two circles. See which team can get the most successful passes back and forth in their circle.

Medium- Slide step passing

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Passing Drills: Slide Step Passing



Objectives:

Practice moving left to right and passing.

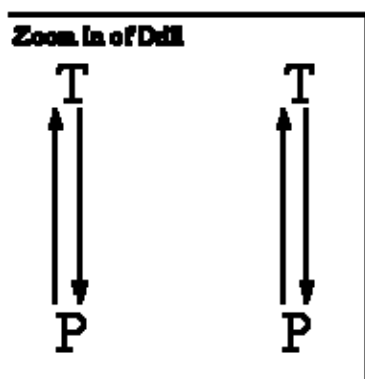
1. Start the drill with two tossers, each with a ball.
2. The passer starts in front of one tosser.
3. The tosser tosses a ball to the passer.
4. After passing the ball back to the tosser the passer slide steps in front of the other tosser.
5. The second tosser repeats and the passer slides back in front of the first

Have the tosses come diagonally, and the the passer pass forward.

Have the tosses come diagonally, and the passer pass diagonally.

Hard- Front to Back Passing

Passing Drills: Front to Back Passing



Objectives:

Practice moving left to right and passing.

1. Start the drill with a toss to the passer in the base position shown.
2. After passing the passer follows the pass back to the tosser and touches the tosser's foot.
3. The passer retreats back to the starting position.
4. As the passer retreats the tosser tosses another ball.
5. The passer passes the ball and repeats the movements.

A Guide to Coaching a Youth Volleyball Team

Spiking Drills

Easy- Start by letting your team just hit balls straight down with an open hand. Do this drill for 10 minutes.

Medium- Then let your setters get involved by setting your outside hitters and letting them spike the balls over the net. Do this drill for 10 minutes.

Hard- Have a server serve the ball to your passers and let your setters set for your outside hitters and let them spike to over the net. Do this for 10 minutes.

A Guide to Coaching a Youth Volleyball Team

Chapter 4

Games

It is the skills acquired and perfected during practices that allow a team to play well in games.

Game time reflects all of the skills your team has learned from practices. An important concept to remember during game time is fun and participation. Each player should receive equal amounts of game time. While volleyball is a competitive sport, recreational league volleyball is intended for fun and enjoyment. The desire to win is great to have, but your players' enjoyment and satisfaction with the league is priority. This chapter will describe what equipment your team will need for games, what game schedules will be like, pre-game warm-ups, and game play.

Game Equipment

Equipment for game play is provided by Citizens Park. The volleyball officials will be provided for your court and also will be provided with a volleyball bag containing the game ball, ice packs, and score sheet. Warm-up equipment is provided by the coaches. Most coaches utilize the volleyball bags issued to them at the coaches' volleyball meetings.

Game Schedules

Game schedules are issued to coaches at the coaches' meetings. Each game schedule packet includes copies to hand to all parents, copies for the head coach, and copies for the assistant coach. Additional copies can be picked up from the front desk at Citizens Park Complex II.

Warm-Ups

Pre-game warm-ups normally consist of jogging, stretching, serving drills, passing drills, and setting drills. Following drills used in practices will instill the basic concepts of the sport and allow them to be utilized in a game situation.

Game Play

Each player on the team should receive equal amounts of playing time during the game. Substitution rules are available in the rule book that was handed out at the coaches' meeting.

A Guide to Coaching a Youth Volleyball Team

Chapter 5

First Aid Procedures

As with any sport, there will be injuries inflicted when playing the game of volleyball and as a coach, you should be aware of some basic first aid procedures to administer to hurt players.

Basic first aid procedures are a necessity when children play sports. Many of the injuries occurred in volleyball are scrapes and bruises due to hitting the ball wrong and tumbles to the ground. If a mild or serious injury does occur, have the assistant coach or a parent locate a staff member. All staff members are CPR and First Aid certified and is capable of treating injured players. Staff members will determine if the injury is serious enough to warrant advanced medical attention and will recommend a doctor's visit. The injured player can be transported to the hospital in an ambulance or via the parents; it will be up to the parents to decide this. *Accident Reports* are required to be filled out for mild to serious injuries. Listed in this chapter are basic first aid techniques that coaches can utilize to treat volleyball injuries obtained during practices and games. Within the volleyball equipment bag is a first aid kit that can be used to treat any injuries that may occur.

Abrasions

An abrasion is classified as superficial damage to the skin, generally not deeper than the epidermis. There is generally mild bleeding. Most mild abrasions do not scar, but deep abrasions can lead to scar tissue development.

Treatment for an abrasion is cleansing the area with soap and water. Pat dry the area, treat it with antibiotic ointments if desired, and apply a bandage. To prevent infection keep the abrasion site clean and free of dirt.

Lacerations

A laceration is classified as a physical trauma where the skin is torn, cut, or punctured. The laceration site will have mild bleeding and has a chance to develop scar tissue.

Treatment for an abrasion is immediate cleansing of the area with soap and water. Apply pressure to the laceration if bleeding continues after the site has been cleaned. Use a gauze pad when applying pressure. This will help the blood clot. Once the bleeding has stopped pat the site with a wet cloth and pat dry. Treat with antibiotic ointment if desired and apply a bandage. To prevent infection keep the laceration site clean and free of dirt. Swelling can be reduced by applying an ice pack to the injured site.

A Guide to Coaching a Youth Volleyball Team

Nosebleeds

A nosebleed is the result of trauma to the nose that causes the mucosal lining and small blood vessels inside the nose to tear and bleed. There are several causes of nosebleeds, including: trauma, fracture, altitude, excessive nose picking, arid conditions, and allergies.

Treatment for a nosebleed is simple. Have the injured person sit down and apply pressure to their nose by pinching it at the fleshy part. The applied pressure will help the blood clot and stop the bleeding. Have the injured person lean forward as they pinch their nose. Tilting the head forward will prevent blood from running down their throat and into their stomach. If blood is swallowed, the injured person may feel the need to vomit (it is okay to allow this). To aid in the clotting process, roll up a gauze pad and place it in the nostril that is bleeding. Place an ice pack on the nose to prevent excessive swelling. If the bleeding does not cease in 20-30 minutes, immediate medical attention is required because side effects of blood loss can occur.

Tooth Loss

If a tooth is knocked out, or loose, a child should stop play and seek immediate medical attention. The type of tooth injured and the location of the tooth can have an effect on the seriousness of the injury. Ask parents if the injured tooth is a baby tooth or a permanent one. If it is a baby tooth, the injury to it is not serious and loss can be handled. If it is a permanent tooth, a dentist visit will be required.

If a tooth is knocked loose, have the child bite down on a gauze pad. This will keep the tooth in place and prevent the nerves from being exposed. If a nerve is exposed there will be sharp pain from contact with air, fluids, and any material used to stop the bleeding. Have the parents determine if a doctor's visit is necessary.

If a tooth is knocked out, immediately locate the tooth. Once the tooth is located, handle it only by the top, never by the roots. If there is dirt on the tooth, do not rub or scrape it off. Place the tooth in a bowl of tap water. **Do not** place it under running water. Try to replace the tooth in the socket. Bite down on gauze pad or cloth to hold it in place. If the tooth cannot be placed back in the socket, submerge it in milk or the individual's own saliva. Seek attention from a dentist or emergency room immediately.

Sprains

Most sprains occurred during volleyball season are ankle sprains. Typical symptoms of a sprain include pain, swelling, guarding of the area, loss of function, and deformity (in serious cases). Sprains are caused by overstretching the ligaments in a given area. In serious cases, a sprain can lead to torn or ruptured ligaments, which will require a longer healing period.

To treat a sprain, remember PRICE: protection, rest, ice, compression, elevation. Protect the injured area from further injury by not using the joint. Rest the injured area, but do not avoid all activity. Excessive use can do further damage to the injury and not using the joint can injure it also. Ice it down to prevent excessive swelling and to decrease the pain by numbing the area. Be sure not to apply the ice too long, for excessive cold can lead to tissue damage. Wrap the injured area with an elastic bandage to stabilize the area. This will prevent further stretching or tearing of the ligament. Elevate the injured area to prevent or limit swelling.

A Guide to Coaching a Youth Volleyball Team

Broken Bones

If a player is injured and a broken bone is suspected, immediately locate a staff member.

Asthma

If a player has an asthma attack, quickly locate their parents. Locate their inhaler, if they have one, and use it. If the inhaler cannot be found try to have them drink fluids. This can thin the mucus and can aid in unblocking their airway. Placing a damp cloth over their mouth and nose as they breath can also help. If the asthma attack cannot be stopped, seek immediate medical attention.

Bruises

Bruises are the result of an injury, usually caused by blunt impact, in which the capillaries are damaged, allowing blood to seep into the surrounding tissue. Most bruises are normally minor and painful. However, bruises can be serious, leading to hematoma, or can be associated with serious injuries such as fractures and internal bleeding. Minor bruises are easily recognized by their characteristic blue or purple color in the days following the injury.

To treat a bruise, immediately ice the area that was impacted. The cold will reduce swelling and relieve some pain that may result from the injury. If the bruise is abnormal in any way, have the player seek medical attention.

CPR

In an emergency, you have only minutes to respond. The steps you take in the first minutes of a medical emergency can make a significant impact on the overall well being of the victim. When a crisis happens, it may be difficult to keep calm and remember the things you learned in training. This is why it is critical that you obtain regular safety training, study the materials provided, and most importantly, keep up-to-date on the skills you learn.

Cardiopulmonary resuscitation (CPR) should only be performed by individual's that are have been trained in the technique and certified. CPR is a lifesaving technique that incorporates rescue breathing and chest compressions in an attempt to keep oxygenated blood pumping to the brain and other vital organs until advanced medical personnel are present. CPR should only be administered to someone who has **no signs of circulation and is not breathing**. The victim is in cardiac arrest.

Rescue breathing involves mouth-to-mouth contact between the rescue breather and the victim. Also known as mouth to mouth, rescue breathing is done on a person who **has a signs of circulation, but is not able to breathe**. This victim is in respiratory arrest. The purpose of rescue breathing is to provide oxygen rich air to the victim, who is unable to breathe on their own.

Chest compressions are used to manually circulate the victim's blood to through the heart to organs such as their brain, kidneys, lungs, etc. It is important to incorporate this aspect of CPR, even if rescue breathing is not utilized.

A Guide to Coaching a Youth Volleyball Team

If you suspect someone is in need of CPR give your aid if it is possible. Before helping, survey the scene. Make sure there are no hazards such as down electrical lines, fires, or any other life-threatening dangers that could harm you as you give assistance. If the scene is clear, proceed with the steps listed below.

CPR and Rescue Breathing – Quick Reference Guide

STEP	Adult CPR (8 Years and Up)	Child CPR (1 to 8 Years)	Adult Rescue Breathing	Infant CPR (Birth to 1 Year)	Infant/Child Rescue Breathing
Check for Consciousness	Tap and shout “Are you OK?”			Tap and shout; tickle bottom of feet”	
ACTIVATE EMS - CALL 911					
A – Open the Airway	Carefully clear any foreign materials from the mouth with your fingers. Place one hand on the victim’s forehead and tilt the head back gently. Place the fingers of your other hand under the chin and lift to pull it forward.			Use care not to tilt the head back too far.	
B – Check breathing.	Take a deep breath and place your mouth over the victim’s, making a tight seal. Pinch the nose. Slowly blow air in until the victim’s chest rises. Take 1½ to 2 seconds for each breath.			Place mouth over baby’s mouth and nose. Slowly blow air in until the victim’s chest rises. Take 1½ to 2 seconds for each breath.	
C - Check circulation.	Check for signs of circulation including normal breathing, coughing or movement. If you see signs of circulation, but the person is still not breathing, begin rescue breathing. If the person is not breathing, coughing or moving, begin CPR.				
Position hands.	Use both hands (heel) Position hands between the breasts	Use one hand. Position hand between the breasts. Place other hand on forehead to keep airway open.	Place one hand on forehead to keep airway open	Use 2 fingers. Position fingers between nipples – one finger-width below the nipple line. Place other hand on forehead to keep airway open.	Place one hand on forehead to keep airway open
Perform chest compressions.	Perform 15 compressions Compression rate is 100 times per minute.	Perform 5 chest compressions Compression rate is at least 100 times per minute		Perform 5 chest compressions Compression rate is at least 100 times per minute	
Give rescue breaths.	Cover mouth with your mouth and pinch nose. Give 2 breaths of air	Cover mouth with your mouth and pinch nose. Give 1 breath of air	Cover mouth with your mouth and pinch nose. Give 1 breath of air every 5 seconds	Cover infant’s mouth and nose with your mouth. Give 1 breath of air	Place one hand on forehead to keep airway open. Give 1 breath of air every 3 seconds.
Check signs of circulation and repeat if necessary.	Perform 4 cycles (one minute of CPR) then recheck signs of circulation. If no signs of circulation, continue CPR starting with compressions.	Perform 20 cycles (one minute of CPR) then recheck signs of circulation. If no signs of circulation, continue CPR starting with compressions.	Recheck signs of circulation after each minute or every <u>12</u> breaths.	Perform 20 cycles (one minute of CPR) then recheck signs of circulation. If no signs of circulation, continue CPR starting with compressions.	Recheck the signs of circulation after each minute or every <u>20</u> breaths.
Key Numbers to Remember	15 & 2 4 Cycles	5 & 1 20 Cycles	5 seconds between breaths 12 Cycles	5 & 1 20 Cycles	3 seconds between breaths 20 Cycles

A Guide to Coaching a Youth Volleyball Team

Chapter 6

Miscellaneous Items

Many questions and situations arise about the sport as the soccer season progresses. Some you may know the answer to and be able to handle, while others may require a staff member to handle.

In this chapter you will find a contact list of Athletic Coordinators and the age divisions they oversee. Also discussed in this chapter are how to know if a game is being played in the event of inclement weather, what happens when games are rained out, and when player participation medals are handed out.

Youth Soccer Athletic Coordinators

Listed below are the age divisions for youth fall volleyball and the Athletic Coordinators that oversee each age division. Contact numbers for each Athletic Coordinator is also included.

Jami Oliver: 643-4662

A Guide to Coaching a Youth Volleyball Team

Rain-Out Line

One aspect of all outdoor sports that can never be controlled is the weather. Citizens Park has a Rain-Out Line in service that allows you to call ahead and find out if the events for the day have been cancelled. Each day the Rain-Out Line is updated around 4:30 pm to inform callers of the status of practices and games. The number for this line is **803-643-4661**.

WWW.Rainedout.com

Parents can now receive a text message as soon as games are cancelled by going to www.rainedout.com and signing up by searching for The City of Aiken Athletics.

Make-Up Games

Games that are cancelled due to inclement weather are scheduled to be made up at a later date in time. Games can be scheduled for later that week or towards the end of the season. All coaches will be contacted if games are cancelled and will be informed when the games will be made up.

End of Season Awards

Awards are given to the regular season champion and the regular season runner-ups. There will also be an end of the season tournament where they could receive awards at the end of tournament play.

Handling Complaints

All complaints, whether from a player or parent, should be referred to the Athletic Coordinator in charge of your specific age division and will be handled accordingly.

A Guide to Coaching a Youth Volleyball Team

Chapter 7

Rules

THE SERVE

- (A) Server must serve from behind the restraining line (end line) until after contact.
- (B) Ball may be served underhand or overhand.
- (C) Ball must be clearly visible to opponents before serve.
- (D) Served ball may graze the net and drop to the other side for point.
- (E) First game serve is determined by a volley, each subsequent game shall be served by the previous game loser.
- (F) Serve must be returned by a bump only. no setting or attacking a serve.

SCORING

- A. Rally scoring will be used.
- B. There will be a point scored on every score of the ball.
- C. Offense will score on a defense miss or out of bounds hit.
- D. Defense will score on an offensive miss, out of bounds hit, or serve into the net.
- E. Game will be played to 25 pts.
- F. Must win by 2 points.

ROTATION

- (A) Team will rotate each time they win the serve.
- (B) Players shall rotate in a clockwise manner.
- (C) There shall be 4-6 players on each side.

PLAYING THE GAME (VOLLEY)

- (A) Maximum of three hits per side.
- (B) Player may not hit the ball twice in succession (A block is not considered a hit).

A Guide to Coaching a Youth Volleyball Team

- (C) Ball may be played off the net during a volley and on serve.
- (D) A ball touching a boundary line is good.
- (E) A legal hit is contact with the ball by a player body above and including the waist which does not allow the ball to visibly come to a rest.
- (F) If two or more players contact the ball simultaneously, it is considered one play and the players involved may not participate in the next play.
- (G) A player must not block or attack a serve.
- (H) Switching positions will be allowed only between front line players. (After the serve only).

BASIC VIOLATIONS

- (A) Stepping on or over the line on a serve.
- (B) Failure to serve the ball over the net successfully.
- (C) Hitting the ball illegally (Carrying, Palming, Throwing, etc.).
- (D) Touches of the net with any part of the body while the ball is in play. If the ball is driven into the net with such force that it causes the net to contact an opposing player, no foul will be called, and the ball shall continue to be in play.
- (E) Reaching over the net, except under these conditions:
 - 1 - When executing a follow-through.
 - 2 - When blocking a ball which is in the opponents court but is being returned (the blocker must not contact the ball until after the opponent who is attempting to return the ball makes contact). Except to block the third play.
- (F) Reaches under the net (if it interferes with the ball or opposing player).
- (G) Failure to serve in the correct order.
- (H) Blocks or spikes from a position which is clearly not behind the 10-foot line while in a back row position.

A Guide to Coaching a Youth Volleyball Team

THE COURT

PLAYING AREA

Both indoor and outdoor courts are 18 m x 9m (29'6" x 59').

Indoor courts also include an attack area designated by a line 3 m (9'10") back from the center line.

Lines on the court are 5cm (2" wide).

NET HEIGHT

Net height for men, co-ed mixed 6, & outdoor is 2.43 meters or 7'11-5/8".

Net height for women, 7'4-1/8".

The height of the net shall be 8'.

BALL

The ball weighs between 9 and 10 ounces. Ball pressure is between 4.5 and 6.0 pounds

Chapter 8

Snacks for Volleyball Players

A Day in the Food Life for Volleyball Players:

Morning

Citrus fruit or juice or cup of strawberries or blueberries
Egg white omelet with green veggies, tomato and nonfat cheese
1 small bowl oatmeal, whole grain cereal or slice of whole grain bread
2 tsp nut butter
Water

AM snack

Low fat breakfast bar or sport bar
Water or sugar free beverage

Afternoon

Turkey wrap or sandwich with low fat whole wheat tortilla or bread
3-4 oz turkey
lettuce/tomato
2 tsp mayo
1 small bag baked chips
1 apple or pear
Water or sugar free beverage

PM snack

Fresh fruit smoothie with low fat yogurt
Or low fat yogurt with fresh fruit and granola sprinkle
Water or sugar free beverage

Evening

Grilled chicken salad with whole grain roll or
Fresh grilled fish with veggies and baked potato or
Sushi with soup and salad or
Pasta with veggies and light red sauce
Water or sugar free beverage

Evening snack

Frozen low fat yogurt with fresh fruit topping or air blown popcorn with a parmesan sprinkle